

## **Abstract**

### **Name:**

#### **Individual performance development of young female heptathletes**

### **Objectives:**

The aim of this study was to evaluate and judge performance development of young female czech heptathletes aged between 16 and 19 years old. From the analysis their personal performance development and other factors that may affect their performance we want to find out which of them have the best assumptions to succeed in athletic heptathlon.

### **Methods:**

The work was a qualitative research. Specifically, it was a case study. We collected data through document analysis methods. We evaluated performance development of each selected athlete. We used the comparison method to compare the performance development of each athlete considering to other heptathletes and Eliška Klučinová. Using a semi-structured interview we researched another information about their training and social, psychological, health and somatic assumption, which may affect their further performance growth.

### **Results:**

From the point of view of the long term athlete development it is positive, that all athletes competed in heptathlon, but we think that Jana Novotná, Barbora Zatloukalová, Denisa Majerová and Tereza Vokálová have the best assumptions for athletic heptathlon. Jana Novotná and Barbora Zatloukalová have balanced performance in all events of heptathlon. Denisa Majerová and Tereza Vokálová have the best assumptions for further performance growth.

**Keywords:** athletic heptathlon, individual performance development, young czech female heptathletes